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Alan is a man before his
time and his love of quotes
and movies is a highlight in
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truth is, Alan is
comfortable being himself
and as Ingrid Bergman once

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said: "Be Yourself. The world worships the original." He has divided his book into five main sections: 1. The Return of the Golden Buddha - How to chip away the mask ...

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Peoples Movies and Become the Star of Your Own. by. Alan Cohen. 4.34 · Rating details · 73 ratings · 4 reviews. In this powerful map to self-discovery, Alan Cohen draws on sources from Buddhism to the Bible, from Gandhi and Einstein to A Course In Miracles, sharing many of his own radiant moments of revelation on the spiritual path.

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Dare To Be Yourself will dramatically enlighten, empower, and enliven you as

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Focus on being true to yourself and self-sufficient, and you'll eventually find like-minded people. Ed Latimore. We have to dare to be ourselves, however frightening or strange that self may prove to be. May Sarton. People tend to take pride in who they are. And that's a bad idea, because that stops you from becoming who you could be.

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In this powerful map to self-discovery, Alan Cohen draws on sources from Buddhism to the Bible, from Gandhi and Einstein to A Course In Miracles, sharing many of his own radiant moments of revelation on the spiritual path. He shows how we can

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let go of the past, overcome fear, and discover the power of love in our lives. Once we are engaged in the work of truly being ourselves, each challenge becomes an opportunity for growth, each choice a lesson in commitment, each relationship a renewal of God's work. Dare To Be Yourself will dramatically enlighten, empower, and enliven you as you awaken to life and love and the unique gifts that are yours to give the world. "Alan Cohen has a rare and precious quality. He inspires happiness, and the message itself is as pure as his heart." -- Hugh Prather

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The in-your-face, no-hype guide to getting happy... Your life sucks if... • You routinely make someone or something more important than you • The life you are living on the outside doesn't match who you are on the inside • You say yes when you mean no • You try to fix other people • You've forgotten to enjoy the ride

When your life sucks, it's a wake-up call. Now self-help guru and bestselling author Alan Cohen invites you to answer that call, change your course, and enjoy the life you were meant to live.

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In ten compelling chapters, Cohen shows you how to stop wasting your energy on people and things that deaden you—and use it for things you love. With great humor, great examples, and exhilarating directness, *Why Your Life Sucks* doesn't just spell out the ways in which you undermine your power, purpose, and creativity—it shows you how to reverse the damage. Here is an encouraging but loud-and-clear reminder that in every moment we generate our own experience by the choices we make, and that today is the best day to begin your new life.

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Inspiration for a Life Worth Living! Life is most fully lived from the inside out. For many years, bestselling author Alan Cohen has been guiding people to go out of their minds . . . and return to their senses; to escape the circular tyranny of overthinking and find joy and wisdom in the depths of their heart. This reader-friendly companion to the soul culls the finest pearls of insights on this path and forms a compelling road map home. *Wisdom of the Heart* contains many inspiring aphorisms and condensed lessons that make this the perfect daily companion for yourself or a loved one.

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The author of Dare to Be Yourself presents a series of illuminating essays designed to assist readers on a journey toward spiritual enlightenment and fulfilling self-discovery. Reprint.

ISN'T IT TIME YOU SHED PERFORMANCE-BASED LIVING? When Alas Wright's childhood family collapsed, he took the blame. As a wounded fourth grader, Alan secretly wondered, What's wrong with me? How can I become loveable again? Unconsciously, he made the most devastating--and common--of vows: "I'll do

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whatever it takes to be loved." Excelling in sports, earning straight A's, and well-liked by everyone--except himself--Alan had made a childhood commitment to performance-based living, which led to a series of grown-up problems. Hyper-sensitivity: Why am I so bothered by every criticism? Self-Doubt: Why do I always question my abilities and motives? People pleasing: Why do I have a hard time saying no or facing conflict? Fear of failure: Why do I feel like I have to be perfect? Self-sabotage: Why can't I celebrate my gifts and accept God's

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blessings? Laugh, cry, struggle, relate, and be set free as Alan Wright invites you to discover his simple solution—how to release your pride and shame to Jesus, banish fear, and accept unconditional love and acceptance to live as you were meant to live.

A self-help guide offers a step-by-step approach to self-empowerment, explaining how to stop settling for less, find the help one needs, learn to say no, end behaviors which starve the soul, and start enjoying life.

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Business Marketing Book award!. You have 30 days to convert a user to a paying customer starting NOW. The clock is ticking. What will you do? Collecting and analysing the messaging and strategies the leading e-commerce, software and service companies use as they convert trial users to customers in the most important 30 days after sign-up. Each companies strategy is broken down and presented in an easy to use and understand visual guide. 30 days to sell is a must buy if you are looking to automate and improve new customer conversion. This book covers: Activation

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campaigns from the worlds leading web companies. Easy reference guide - what message to send and when. Full page examples of each marketing message. Steal ideas from successful entrepreneurs, marketers and growth hackers. Two new bonus chapters showcasing more activation campaigns.

GOLIATH'S HEAD tells of a search for courage and hope amidst crushing oppression. Avi Schneider is a Jewish boy growing up in Russia on the eve of early-twentieth-century revolution. He is nine years old when he meets his own personal devil, Viktor Askinov, a brutal

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youngster who relishes tormenting Jews. In the following years, Avi is the object of his tormentor's obsession. Fourteen years later in 1905 the Tsar instigates riots - pogroms - against the poor, teeming Jewish villages. Now a husband and father, Avi takes to the barricades to defend his village from the mob coming to kill the men, rape the women, and burn down his village. Armed, he again faces Viktor Askinov, who is leading the mob. But he has been warned that if he kills Viktor Askinov, he puts his beautiful young wife Sara and newborn son Itzhak in deadly peril. Avi

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must decide this night what he stands for. Is it survival at any cost, for himself and those he loves? Or is it righteous vengeance for his people?

Why Your LOVE Life Sucks --
and What You Can Do About It

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